



Screener

Thank you for your interest in the survey. First, please answer a few questions to confirm if you are eligible.

What year were you born?

Are you at least 18 years old?

No

Yes

Did you serve in the United States military?

No, I was never in the military.

Yes, I served in the military.

Are you now separated from the military? (e.g., discharged, released from active duty, transferred to the Inactive Ready Reserve)

No, I am not separated from the military.

Yes, I am separated.

What is the highest pay grade you have achieved?

E-1 to E-3

E-4 to E-6

E-7 to E-9

W-1 to CW-5

O-1 to O-3

O-4 to O-6

O-7 to O-10

informed_consent

Are you taking the survey on a phone?

No

Yes

Based on your answers, you are eligible to participate in this research study. Please read about the study on the next page, including its procedure and risks. After reading, you may choose to participate in the study or not.

Title of Research Study: Morality, Identity, and the Military: Moral Injury and Post-Military Identity Integration

Researcher's Contact Information:

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You are being asked to take part in a research study. The information in this form will help you decide if you want to be in the study. Please ask the researcher if there is anything that is not clear or if you need more information.

Description of Project

The reason for the research is to learn the extent to which moral injuries affect reintegration. Although there will be no direct benefit to you for taking part in this study, the researcher may learn more about how to help veterans who will have the most difficulty post-service and target assistance appropriately. The findings of this research will be published and presented to people working to improve veteran health and well-being.

Explanation of Procedures

If you agree to participate in this study:

You will complete a survey online which contains a series of questionnaires that ask about your military background, including experiences with moral injury, identity, military service, and other aspects of your psychology, health, social life, and demographics. In total, this will take about 15 minutes.

Participation is voluntary. You can refuse to take part or stop at any time without penalty. There is no consequence for choosing not to participate or for stopping the survey. You will not be required to provide any personal identification information, and the results of your participation will be anonymous.

Risks or Discomforts

Overall, this study has minimal risks. There are no physical, legal, or reputational risks from participating. Participation is anonymous. No personally identifiable information will be collected by the researcher.

There is a possibility of minor psychological discomfort or stress from participating in this research. You will be asked about your experiences in the military and after leaving the military, including incidents which may have caused psychological wounds and extreme stress. However, to minimize this discomfort, you can choose not to participate, and if you

do decide to participate, you can pause or stop the survey at any time without any penalty whatsoever. You are not under orders to participate in the study or complete the survey.

Additionally, here are some free services that you can contact at any point:

- a. If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org
- b. SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and [Spanish](#)) for individuals and families facing mental and/or substance use disorders. [Also, visit the online treatment locator.](#) Call: 1-800-662-HELP (4357)

These resources will be provided again at the end of the survey, regardless of how you answer the survey questions.

Benefits

Although there will be no direct benefit to you for taking part in this study, the researcher may learn more about how to help veterans who will have the most difficulty post-service and target assistance appropriately. The findings of this research will be published and presented to people working to improve veteran health and well-being.

Confidentiality

The results of participation will be anonymous, and no personally identifiable information will be collected by the researcher.

The information gained from the study will be shared with other researchers upon request to contribute to scientific transparency, and it may also be used for future studies. In either instance, no additional consent will be sought from you.

Research at Kennesaw State University that involves human participants is carried out under the oversight of an Institutional Review Board. Questions or problems regarding these activities should be addressed to the Institutional Review Board, Kennesaw State University, irb@kennesaw.edu. This email address will be provided to you again at the end of the survey.

PLEASE SAVE A COPY OF THIS FORM FOR YOUR RECORDS

Do you agree to participate according to the terms above?

No, I do not consent to participating in this research.

Yes, I understand the above and consent to participating in this research.

Military Demographics

Thank you for choosing to participate in the study. The information gained will be used to improve veteran health and wellbeing, so please answer honestly.

There will be a series of questionnaires. First, provide some more information about your military service.

Remember, you can also stop the survey at any time.

Did you ever serve on active duty?

No

Yes

How many years were you on active duty?

Are you still serving in any capacity (e.g., Reserve or Guard)?

No

Yes

How many years has it been since you left active duty?

How many years did you serve in the military?

How many years have you served in the military?

How many years since you were discharged from the military?

What was your reason for discharge?

Voluntary Discharge

Medical Discharge

Service completed

Other

What branch(s) did you serve in?

Air Force

Army

Coast Guard

Marines

Navy

Space Force

U.S. Public Health Service

I have not served in the military

During your military service, did you ever?: (select all that apply)

Serve in Combat

Deploy (non combat)

Engage in combat support

Deploy to a peacekeeping or humanitarian mission

None of the above

How many times did you deploy?

Do you receive Veterans Affairs (VA) disability?

No

Yes

What is your VA disability percentage?

Which military pay grade is higher?

O-4

E-4

Check all the following **unmet needs** you had when you left the military: (select all that apply)

not having a job
not having a place to live
no access to health care
no access to educational benefits
no access to medical or service records
unmet physical health needs
unmet mental health needs
unresolved legal issues
financial problems
I didn't have any of these unmet needs

Has anyone else in your immediate family served in the military? (select all that apply)

Spouse/Partner
Parent
Sibling (i.e., sister, brother)
Child
Other close family member
No one in my immediate family served in the military.

Encouragement 1

Thank you. Now there is one questionnaire that asks about a challenging experience you may have had while serving in the military.

MIOS Screener

This questionnaire asks about experiences you may have had after a very stressful experience in which:

1. **You did something** (or failed to do something) that went against your moral code or values (e.g., you harmed someone or failed to protect someone from harm), or
2. You **saw someone** (or people) do something or fail to do something that went against your moral code or values (e.g., you witnessed cruel behavior), or
3. You were **directly affected by someone** doing something or failing to do something that went against your moral code or values (e.g., being betrayed by someone you trusted).

Have you had an experience (or experiences) as described above?

Yes

No

This questionnaire asks about experiences you may have had after a very stressful experience in which:

1. You did something (or failed to do something) that went against your moral code or values (e.g., you harmed someone or failed to protect someone from harm), or
 2. You saw someone (or people) do something or fail to do something that went against your moral code or values (e.g., you witnessed cruel behavior), or
 3. You were directly affected by someone doing something or failing to do something that went against your moral code or values (e.g., being betrayed by someone you trusted).
-

Please answer the following questions while thinking about the worst event that currently bothers you the most. This could be one of the examples above, or some other very stressful experience that went against your core values.

The event involved: (select all that apply)

- A. something I did (or failed to do)
 - B. observing someone else acting (or failing to act)
 - C. being directly impacted by someone else (or people) acting (or failing to act)
-

If you experienced other types of very stressful events, please answer the rest of the questionnaire about the worst and most currently distressing event.

For events that had multiple features, which aspect was the worst?

- » A. something I did (or failed to do)
 - » B. observing someone else acting (or failing to act)
 - » C. being directly impacted by someone else (or people) acting (or failing to act)
-

Did the event involve actual or threatened death, serious injury, or sexual violence?

Yes

No

In the past month, have you... (select all that apply)

had nightmares about the event or thought about the event when you did not want to?

tried hard not to think about the event or went out of your way to avoid situations that reminded you of the event(s)?

been constantly on guard, watchful, or easily startled?

felt numb or detached from people, activities, or your surroundings?

felt guilty or unable to stop blaming yourself or others for the event(s) or any problems the event(s) may have caused?

none of the above

Moral Injury Outcomes Scale

Keeping this worst event in mind, please read each of these statements and indicate how much you would agree with the statement in the past month.

In the past month, how strongly would you agree with the following statements:

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In the past month, how strongly would you agree with the following statements:

Keeping this worst event in mind, please read each of these statements and indicate how much you would agree with the statement in the past month.

In the past month, how strongly would you agree with the following statements:

I blame myself.

Strongly Disagree

Disagree

Neither agree nor disagree

Agree

Strongly Agree

I have lost faith in humanity.

Strongly Disagree

Disagree

Neither agree nor disagree

Agree

Strongly Agree

People would hate me if they really knew me.

Strongly Disagree

Disagree

Neither agree nor disagree

Agree

Strongly Agree

I have trouble seeing goodness in others.

Strongly Disagree

Disagree

Neither agree nor disagree

Agree

Strongly Agree

People don't deserve second chances.

Strongly Disagree

Disagree

Neither agree nor disagree

Agree

Strongly Agree

I am disgusted by what happened.

Strongly Disagree

Disagree

Neither agree nor disagree

Agree

Strongly Agree

I feel like I don't deserve a good life.

Strongly Disagree

Disagree

Neither agree nor disagree

Agree

Strongly Agree

I keep myself from having success.

Strongly Disagree

Disagree

Neither agree nor disagree

Agree

Strongly Agree

There is no higher power.

Strongly Disagree

Disagree

Neither agree nor disagree

Agree

Strongly Agree

I lost trust in others.

Strongly Disagree

Disagree

Neither agree nor disagree
Agree
Strongly Agree

I am angry all the time.

Strongly Disagree
Disagree
Neither agree nor disagree
Agree
Strongly Agree

I am not the good person I thought I was.

Strongly Disagree
Disagree
Neither agree nor disagree
Agree
Strongly Agree

I have lost pride in myself.

Strongly Disagree
Disagree
Neither agree nor disagree
Agree
Strongly Agree

I cannot be honest with other people.

Strongly Disagree
Disagree
Neither agree nor disagree
Agree
Strongly Agree

BiPF

Keeping this worst event in mind, please write in a number for each item below that

represents **how much these experience have made it hard for you to function** in each of the following areas

Use 0 (Not at All Difficult) to 6 (Extremely Difficult):

(if the area is not applicable to you, use N/A)

Romantic relationship with my spouse or partner.

0 (Not at all difficult to function)

1

2

3

4

5

6 (Extremely difficult to function)

N/A

Relationship with my children

0 (Not at all difficult to function)

1

2

3

4

5

6 (Extremely difficult to function)

N/A (i.e., no children)

Family relationships

0 (Not at all difficult to function)

1

2

3

4

5

6 (Extremely difficult to function)

N/A

Friendships or socializing

0 (Not at all difficult to function)

1

2

3

4

5

6 (Extremely difficult to function)

N/A

Work

0 (Not at all difficult to function)

1

2

3

4

5

6 (Extremely difficult to function)

N/A (i.e., retired)

Training or education

0 (Not at all difficult to function)

1

2

3

4

5

6 (Extremely difficult to function)

N/A (i.e., not in school)

Day to day activities such as chores, errands, or managing medical care

0 (Not at all difficult to function)

1

2

3

4

5

6 (Extremely difficult to function)

N/A

Encouragement 2

Thank you for answering that set of questions. You are about a third of the way done with the entire survey.

The next series of questions ask about your experience since separating from the military.

Identity Integration

I find it easy to harmonize Military and Civilian cultures.

Strongly Disagree

Somewhat Disagree

Neither Agree nor Disagree

Somewhat Agree

Strongly Agree

I rarely feel conflicted about being both a citizen in the civilian world and a Service Member.

Strongly Disagree

Somewhat Disagree

Neither Agree nor Disagree

Somewhat Agree

Strongly Agree

I find it easy to balance both my Military and Civilian cultures.

Strongly Disagree

Somewhat Disagree

Neither Agree nor Disagree

Somewhat Agree

Strongly Agree

I do not feel trapped between Military culture and Civilian culture.

Strongly Disagree
Somewhat Disagree
Neither Agree nor Disagree
Somewhat Agree
Strongly Agree

I feel torn between Military and Civilian cultures.

Strongly Disagree
Somewhat Disagree
Neither Agree nor Disagree
Somewhat Agree
Strongly Agree

Being both a citizen in the civilian world and a Service Member means having two cultural forces pulling on me at the same time.

Strongly Disagree
Somewhat Disagree
Neither Agree nor Disagree
Somewhat Agree
Strongly Agree

I feel that my Military and Civilian cultures are incompatible.

Strongly Disagree
Somewhat Disagree
Neither Agree nor Disagree
Somewhat Agree
Strongly Agree

I feel conflicted between the Military and Civilian ways of doing things.

Strongly Disagree
Somewhat Disagree
Neither Agree nor Disagree
Somewhat Agree
Strongly Agree

I feel like someone moving between two cultures.

Strongly Disagree
Somewhat Disagree
Neither Agree nor Disagree
Somewhat Agree
Strongly Agree

I feel caught between the Military and Civilian cultures.

Strongly Disagree
Somewhat Disagree
Neither Agree nor Disagree
Somewhat Agree
Strongly Agree

I cannot ignore the Military or Civilian side of me.

Strongly Disagree
Somewhat Disagree
Neither Agree nor Disagree
Somewhat Agree
Strongly Agree

I feel like a Service Member and a Civilian at the same time.

Strongly Disagree
Somewhat Disagree
Neither Agree nor Disagree
Somewhat Agree
Strongly Agree

I relate better to a combined culture than to Military or Civilian culture alone.

Strongly Disagree
Somewhat Disagree
Neither Agree nor Disagree
Somewhat Agree
Strongly Agree

I feel like a Service Member-Civilian.

Strongly Disagree
Somewhat Disagree
Neither Agree nor Disagree
Somewhat Agree
Strongly Agree

I feel part of a combined culture.

Strongly Disagree
Somewhat Disagree
Neither Agree nor Disagree
Somewhat Agree
Strongly Agree

I do not blend my Military and Civilian cultures.

Strongly Disagree
Somewhat Disagree
Neither Agree nor Disagree
Somewhat Agree
Strongly Agree

I keep Military and Civilian cultures separate.

Strongly Disagree
Somewhat Disagree
Neither Agree nor Disagree
Somewhat Agree
Strongly Agree

Please answer this question with the response Somewhat Agree.

Strongly Disagree
Somewhat Disagree
Neither Agree nor Disagree
Somewhat Agree
Strongly Agree

DIFI

The diagram below is designed to represent your relationship with a group ("American"). Please indicate your relationship by clicking and dragging the smaller "Me" circle to the position that best captures your relationship with this group.

Distance

Overlap

American

Me

The diagram below is designed to represent your relationship with a group ("American"). Please indicate your relationship by selecting the choice where the smaller "Me" circle is in the position that best captures your relationship with this group.

American

Self

A

American

Self

B

American

Self

C

American

Self

D

American

Self

E

- A
- B
- C
- D
- E

Civilian Identity

I am clear about what being a civilian means to me.

Strongly Disagree

Disagree

Agree

Strongly Agree

I understand how I feel about being a civilian.

Strongly Disagree

Disagree

Agree

Strongly Agree

I know what being a civilian means to me.

Strongly Disagree

Disagree

Agree

Strongly Agree

I have a clear sense of what being a civilian means to me.

Strongly Disagree

Disagree

Agree

Strongly Agree

Warrior Identity Scale

I am happy that I am a veteran.

Strongly Disagree

Disagree

Agree

Strongly Agree

I feel good about my military service.

Strongly Disagree
Disagree
Agree
Strongly Agree

I am proud of the things that veterans have accomplished.

Strongly Disagree
Disagree
Agree
Strongly Agree

I believe that I have many strengths due to my military service.

Strongly Disagree
Disagree
Agree
Strongly Agree

I often regret my military service.

Strongly Disagree
Disagree
Agree
Strongly Agree

I am proud to have served in the military.

Strongly Disagree
Disagree
Agree
Strongly Agree

I am ashamed of my military service.

Strongly Disagree
Disagree
Agree
Strongly Agree

Only other veterans can truly understand me.

Strongly Disagree

Disagree

Agree

Strongly Agree

When I meet other veterans I can trust them more quickly than other people.

Strongly Disagree

Disagree

Agree

Strongly Agree

I become friends with other veterans more quickly than with non-veterans.

Strongly Disagree

Disagree

Agree

Strongly Agree

My fate and future are bound up with that of veterans.

Strongly Disagree

Disagree

Agree

Strongly Agree

Regarding other veterans, it is accurate to say, "United we stand, divided we fall."

Strongly Disagree

Disagree

Agree

Strongly Agree

The most important things that have happened in my life involve my military service.

Strongly Disagree

Disagree

Agree

Strongly Agree

When I talk about the military, I usually say 'we' rather than 'they.'

Strongly Disagree

Disagree

Agree

Strongly Agree

During my time within my unit in the military I always felt like an outsider.

Strongly Disagree

Disagree

Agree

Strongly Agree

I never felt emotionally connected to my military unit.

Strongly Disagree

Disagree

Agree

Strongly Agree

Throughout my time in the military I resisted believing in military rituals and norms.

Strongly Disagree

Disagree

Agree

Strongly Agree

I miss my military friends.

Strongly Disagree

Disagree

Agree

Strongly Agree

I wish I could go back into the military.

Strongly Disagree

Disagree
Agree
Strongly Agree

By leaving the military I lost a family.

Strongly Disagree
Disagree
Agree
Strongly Agree

Overall, having served in the military has very little to do with how I feel about myself.

Strongly Disagree
Disagree
Agree
Strongly Agree

In general, being a veteran is an important part of my self-image.

Strongly Disagree
Disagree
Agree
Strongly Agree

Being a veteran is unimportant to my sense of what kind of person I am.

Strongly Disagree
Disagree
Agree
Strongly Agree

Being a veteran is not a major factor in my social relationships.

Strongly Disagree
Disagree
Agree
Strongly Agree

Overall, veterans are highly thought of.

Strongly Disagree

Disagree

Agree

Strongly Agree

In general, others respect veterans and members of the military.

Strongly Disagree

Disagree

Agree

Strongly Agree

In general, other groups view veterans in a positive manner.

Strongly Disagree

Disagree

Agree

Strongly Agree

Society views veterans as an asset.

Strongly Disagree

Disagree

Agree

Strongly Agree

I appreciate the skills I learned in the military.

Strongly Disagree

Disagree

Agree

Strongly Agree

The work I do at home has more meaning for me than the work I did for the military.

Strongly Disagree

Disagree

Agree

Strongly Agree

I miss the job related aspects of my time in the military.

Strongly Disagree

Disagree

Agree

Strongly Agree

For this question, respond with the answer Agree.

Strongly Disagree

Disagree

Agree

Strongly Agree

Self-Concept Clarity

My beliefs about myself often conflict with one another.

Strongly disagree

Somewhat disagree

Neither agree nor disagree

Somewhat agree

Strongly agree

On one day I might have one opinion of myself and on another day I might have a different opinion.

Strongly disagree

Somewhat disagree

Neither agree nor disagree

Somewhat agree

Strongly agree

I spend a lot of time wondering about what kind of person I really am.

Strongly disagree

Somewhat disagree

Neither agree nor disagree

Somewhat agree

Strongly agree

Sometimes I feel that I am not really the person that I appear to be.

Strongly disagree

Somewhat disagree

Neither agree nor disagree

Somewhat agree

Strongly agree

When I think about the kind of person I have been in the past, I'm not sure what I was really like.

Strongly disagree

Somewhat disagree

Neither agree nor disagree

Somewhat agree

Strongly agree

I seldom experience conflict between the different aspects of my personality.

Strongly disagree

Somewhat disagree

Neither agree nor disagree

Somewhat agree

Strongly agree

Sometimes I think I know other people better than I know myself.

Strongly disagree

Somewhat disagree

Neither agree nor disagree

Somewhat agree

Strongly agree

My beliefs about myself seem to change very frequently.

Strongly disagree

Somewhat disagree

Neither agree nor disagree
Somewhat agree
Strongly agree

If I were asked to describe my personality, my description might end up being different from one day to another day.

Strongly disagree
Somewhat disagree
Neither agree nor disagree
Somewhat agree
Strongly agree

Even if I wanted to, I don't think I would tell someone what I'm really like.

Strongly disagree
Somewhat disagree
Neither agree nor disagree
Somewhat agree
Strongly agree

In general, I have a clear sense of who I am and what I am.

Strongly disagree
Somewhat disagree
Neither agree nor disagree
Somewhat agree
Strongly agree

It is often hard for me to make up my mind about things because I don't really know what I want.

Strongly disagree
Somewhat disagree
Neither agree nor disagree
Somewhat agree
Strongly agree

M-CARM

I have things that give me a sense of purpose, outside of paid employment.

Disagree

Slightly Disagree

Neither Agree or Disagree

Slightly Agree

Agree

I have interests and hobbies that are enjoyable or meaningful.

Disagree

Slightly Disagree

Neither Agree or Disagree

Slightly Agree

Agree

I have a sense of purpose.

Disagree

Slightly Disagree

Neither Agree or Disagree

Slightly Agree

Agree

I am fulfilled.

Disagree

Slightly Disagree

Neither Agree or Disagree

Slightly Agree

Agree

I feel I don't belong anywhere.

Disagree

Slightly Disagree

Neither Agree or Disagree

Slightly Agree

Agree

Outside of the military, I have found people that I connect with through shared interests or beliefs.

Disagree

Slightly Disagree

Neither Agree or Disagree

Slightly Agree

Agree

I would ask for help if I needed it.

Disagree

Slightly Disagree

Neither Agree or Disagree

Slightly Agree

Agree

I would never seek help from a mental health professional.

Strongly disagree

Somewhat disagree

Neither agree nor disagree

Somewhat agree

Strongly agree

I find it difficult to ask for help if I'm struggling.

Strongly disagree

Somewhat disagree

Neither agree nor disagree

Somewhat agree

Strongly agree

I know how to access professional support for my health.

Strongly disagree

Somewhat disagree

Neither agree nor disagree

Somewhat agree

Strongly agree

Civilians seem to be concerned with trivial matters.

Strongly disagree

Somewhat disagree

Neither agree nor disagree

Somewhat agree

Strongly agree

Despite all my experience in the military, I am undervalued by civilians.

Strongly disagree

Somewhat disagree

Neither agree nor disagree

Somewhat agree

Strongly agree

Civilians are disrespectful and rude.

Strongly disagree

Somewhat disagree

Neither agree nor disagree

Somewhat agree

Strongly agree

I don't think society puts much value on military service and experience.

Strongly disagree

Somewhat disagree

Neither agree nor disagree

Somewhat agree

Strongly agree

I'm angry about the way I was treated during my service.

Strongly disagree

Somewhat disagree

Neither agree nor disagree

Somewhat agree

Strongly agree

The military broke me and then kicked me out.

Strongly disagree

Somewhat disagree

Neither agree nor disagree

Somewhat agree

Strongly agree

I have a lot of regrets about my service.

Strongly disagree

Somewhat disagree

Neither agree nor disagree

Somewhat agree

Strongly agree

I am more regimented than flexible.

Strongly disagree

Somewhat disagree

Neither agree nor disagree

Somewhat agree

Strongly agree

I find it difficult to change once I have a set routine.

Strongly disagree

Somewhat disagree

Neither agree nor disagree

Somewhat agree

Strongly agree

I am a flexible person and I don't mind changing to suit others when required.

Strongly disagree

Somewhat disagree

Neither agree nor disagree

Somewhat agree

Strongly agree

Some of my military habits cause problems for me.

Strongly disagree

Somewhat disagree

Neither agree nor disagree

Somewhat agree

Strongly agree

M2C-Q

This part of the questionnaire asks about difficulties you have had in the past thirty days.
For each, answer from 0 (no difficulty) to 4 (Extreme difficulty).

Some of the questions may not apply to you. In this case, select 'Does Not Apply.'

Over the past 30 days, have you had difficulty with. . .

Dealing with people you do not know well (such as acquaintances or strangers)?

No difficulty

A little difficulty

Some difficulty

A lot of difficulty

Extreme difficulty

Making new friends?

No difficulty

A little difficulty

Some difficulty

A lot of difficulty

Extreme difficulty

Keeping up friendships with people who have no military experience?

No difficulty

A little difficulty

Some difficulty

A lot of difficulty
Extreme difficulty

Keeping up friendships with people who have military experiences (including friends who are active duty or veterans)?

No difficulty
A little difficulty
Some difficulty
A lot of difficulty
Extreme difficulty

Over the past 30 days, have you had difficulty with. . .

Getting along with relatives (such as siblings, parents, grandparents, in-laws and children not living at home)?

No difficulty
A little difficulty
Some difficulty
A lot of difficulty
Extreme difficulty

Getting along with your spouse or partner (such as communicating, doing things together, enjoying his or her company)?

No difficulty
A little difficulty
Some difficulty
A lot of difficulty
Extreme difficulty
Does not apply (i.e., I do not have a spouse/partner)

Getting along with your child or children (such as communicating, doing things together, enjoying his or her company)?

No difficulty
A little difficulty
Some difficulty
A lot of difficulty

Extreme difficulty

Does not apply (i.e., I do not have children)

Finding or keeping a job (paid or nonpaid or self-employment)?

No difficulty

A little difficulty

Some difficulty

A lot of difficulty

Extreme difficulty

Does not apply (i.e., I am retired)

Over the past 30 days, have you had difficulty with. . .

Doing what you need to do for work or school?

No difficulty

A little difficulty

Some difficulty

A lot of difficulty

Extreme difficulty

Does not apply

Taking care of your chores at home (such as housework, yard work, cooking, cleaning, shopping, errands)?

No difficulty

A little difficulty

Some difficulty

A lot of difficulty

Extreme difficulty

Taking care of your health (such as exercising, sleeping, bathing, eating well, taking medications as needed)?

No difficulty

A little difficulty

Some difficulty

A lot of difficulty

Extreme difficulty

Enjoying or making good use of free time?

- No difficulty
 - A little difficulty
 - Some difficulty
 - A lot of difficulty
 - Extreme difficulty
-

Over the past 30 days, have you had difficulty with. . .

Taking part in community events or celebrations (for example, festivals, PTA meetings, religious or other activities)?

- No difficulty
 - A little difficulty
 - Some difficulty
 - A lot of difficulty
 - Extreme difficulty
-

Feeling like you belong in “civilian” society?

- No difficulty
 - A little difficulty
 - Some difficulty
 - A lot of difficulty
 - Extreme difficulty
-

Confiding or sharing personal thoughts and feelings?

- No difficulty
 - A little difficulty
 - Some difficulty
 - A lot of difficulty
 - Extreme difficulty
-

Finding meaning or purpose in life?

- No difficulty
- A little difficulty

Some difficulty
A lot of difficulty
Extreme difficulty

Demographics

Finally, answer a few demographic questions. This is the last step. Please continue to answer honestly.

What categories describe you? (select all that apply)

Asian
American Indian or Alaska Native
Black or African American
Hispanic, Latino, or Spanish origin
Middle Eastern or North African
Native Hawaiian or Other Pacific Islander
White
Some other race, ethnicity, or origin

What is your sex/gender?

Female
Male
Non-binary
 Other

What is your sexual orientation?

Heterosexual / Straight
Homosexual / Gay or Lesbian
Bisexual
 A sexuality not listed above

Do you consider yourself religious/spiritual?

Yes
No

Unsure

How often do you attend a place of worship? (e.g., church, temple, mosque)

Never

Rarely

At least once a year

Often but not every week

Weekly

What best describes your political affiliation?

Left

Leaning left

Center

Leaning right

Right

None/Don't know

What is your marital status?

Never married

Married or living with a partner

Divorced/Separated

Widowed

What is your employment status? (select all that apply)

Full-Time

Part-Time

Irregular

Unemployed

Retired

Student

What is the highest level of school you have completed?

High school diploma or equivalent

Some college

Associate's degree (e.g., AA, AE, AFA, AS, ASN)

Bachelor's degree (e.g., BA, BBA, BFA, BS)

Master's degree (e.g., MA, MBA, MFA, MS, MSW)

Applied or professional doctorate degree (e.g., MD, DDC, DDS, JD, PharmD)

Doctorate degree (e.g., EdD, PhD)

How similar is your current job to the military?

Not similar at all

A little similar

Moderately similar

Very similar

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